



Meet the Aviisha Medical Wellness Institute Director, Dr. Avi Ishaaya, M.D., F.C.C.P., F.A.C.G.S., M.A.C.G.S. "The more I know about health and wellness, the greater is my responsibility, as a physician, to educate my patients on how life choices affect our life quality and life expectancy."

ABRAHAM M. ISHAAYA, M.D., F.C.C.P., F.A.C.G.S., M.A.C.G.S. (Dr. Avi),

ABRAHAM M. ISHAAYA, M.D., F.C.C.P., F.A.C.G.S., M.A.C.G.S. (Dr. Avi), the co-founder and Medical Director of the Aviisha Medical Wellness Institute is a physician that embraces the idea that with knowledge comes responsibility.

Applying knowledge from a variety of medical specialties, Dr. Avi provides his patients a combination of expertise and empathy, a result of extensive medical training and research, as well as personal experience with the challenges his patients face. An adolescent bout with asthma had disastrous effects on his overall health. Confined to the house, with little opportunity for exercise or social activity, young Avi Ishaaya became seriously overweight. Determined to be healthy, he devised his own diet and exercise program, losing the weight and setting himself on a course that led to a career in medicine. His academic success enabled him to enter UCLA at age sixteen, and medical school at the University of Maryland at age 19. Upon graduation from medical school, he returned to Los Angeles to practice medicine at the young age of 22.

Dr. Avi completed his residency in Internal medicine at Cedars-Sinai Medical Center, Los Angeles and his fellowship in pulmonary, critical care and sleep medicine. He is board certified in Pulmonary, Sleep, Internal and Geriatrics medicine and is in private practice since 1996. In addition, Dr Avi, is a Member of the American Society of Bariatric Medicine. He is Assistant Clinical Professor of Medicine at UCLA School of Medicine, and participates in medical committees including the Medicine Working Committee at the Olympia Medical Center.

Having treated thousands of patients and applying his knowledge from his variety of medical specialties, Dr. Avi understands that there needs to be more to treating patients than just caring for their illness. No less important is to care for the well --to keep them healthy through education, awareness and support to make the right lifestyle choices for a healthy life.

As the Aviisha Medical Director, Dr. Avi oversees the wide range of [medical programs](#) and services offered at the Institute. His easygoing, caring approach together with his extensive medical background and sincere concern for keeping patients well, make him a foremost physician, leading to the rapid expansion of his practice to additional locations throughout Southern California.

Recent awards bestowed upon Dr. Avi

- Southern California Pulmonary Research Conference
- Paul Rubenstein Award
- Excellence in Original Research (twice)
- Cedars-Sinai Medical Center
- Excellence in Research Award, Soloman Scholar

Dr. Avi speaks English, Hebrew, Russian, and Spanish. He lives in Los Angeles with his wife and four children.